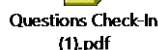


Hi all 😊

Remember, if they do have any questions or worries about coming back to school, please make sure to write them down and we will address these queries ASAP.

Have a wonderful Summer and keep safe, we cannot wait to see you in September.

Lots of children will naturally have some questions or worries on their mind about going back to school, or, starting a new school in September. Here is a resource that covers some of those and gives an opportunity for them to be discussed with a grown up.



Psychoeducation is about providing information so that people can better understand mental health issues, particularly in relation to themselves. This can help to demystify and reduce stigma; often people find that having an understanding of a problem can be a big step in dealing with it. This is particularly so with understanding the anxiety response; as you can learn the reaction is normal, functional, and though uncomfortable, not dangerous. This can give peace of mind the next time someone experiences anxiety and therefore possibly reduce the level of anxiety. Working through this resource with young people can therefore be very useful.





Fight, Flight, Freeze
Response .pdf

Growing Through Grief- Activities and Ideas

When someone in a child's life dies, of course we want to help but we don't always know how. There are some theories and activities in this booklet to help as a starting point. Being there, listening and caring will often be more therapeutic than you know, and of course if you have any questions at all about this you can use the Compass BUZZ Request for Support process and we can offer further bespoke guidance and support to school staff.



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grief.pdf